

# Comenius project

# Questionnaire

This questionnaire will be delt with anonymously.

1. Please write down some personal data:

Height (in cm): \_\_\_\_\_

Weight (in kg): \_\_\_\_\_

What is your age: \_\_\_\_\_ years

Circle your gender: male / female

2. How do you feel at the moment?

- mentally and physically fit
- some physical problems
- some mental problems
- some mental and physical problems

3. Are you a member of a sports club?

- yes
- no

If your answer is yes, what kind of sport(s) does it involve?

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4. How much time a week do you spend on sporting activities?  
(this includes: sport clubs / school sports / sports in your spare time etc.)

- less than 3 hours
- 3 to 5 hours
- 5 to 8 hours
- more than 8 hours

5. How many regular meals do you normally eat per day?

- 1
- 2
- 3
- 4
- 5
- more than 5

6. How many times a day do you normally eat fruit and / or vegetables?

- I don't eat fruit and / or vegetables every day
- 1 time
- up to 3 times
- up to 5 times

7. How many hours do you use the computer per day?

- For work:
- half an hour
  - up to 1 hour
  - between 1 and 3 hours
  - more than 3 hours

- For entertainment:
- half an hour
  - up to 1 hour
  - between 1 and 3 hours
  - more than 3 hours

8. How often a month do you go out? This includes visits to a bar, a disco, going to the movies etc.

- 1 to 3 times
- 4 to 6 times
- 7 or 8 times
- more than 8 times

9. How far is the distance between your home and your school?

- less than 2 km
- 2 to 5 km
- 5 to 10 km
- more than 10 km

10. How do you normally travel to school?

- by foot
- by bike
- by scooter
- by car
- by bus
- by train

11. How important is environmental protection for you?

- not important
- not very important
- neutral
- a little bit important
- very important

12. Do you have your own:

- mobile phone
- computer
- television
- bicycle

(more than one answer can be given)

13. During which activities are you consciously aware of your health?

- sports
- eating
- travelling to school
- going out
- getting enough sleep

(more than one answer can be given)

14. Which of the following media do you regularly read?

- books
- newspapers
- Internet
- comics
- magazines

(more than one answer can be given)

15. What are the most important things you do in your spare-time?

- meeting friends
- doing sports
- using the computer
- watching television
- reading
- working a part-time job
- hang around / doing nothing

(more than one answer can be given)

16. Do you live your life in a healthy way?

- I don't know
- never
- sometimes
- most of the time
- always

17. If you have any problems, who can you talk to?

- friends
- parents
- school counsellor
- counsellor outside of school
- teachers
- nobody

(more than one answer can be given)

18. Do you smoke?

- yes
- no

If your answer was yes, how many cigarettes do you smoke per day?

- 1 to 5
- 5 to 10
- more than 10

19. Do your friends smoke?

- no
- just a few of them
- a lot of them
- (almost) all of my friends smoke

20. What do you think about drugs?

- I don't have an opinion about them
- I won't use any drugs now or in the future
- maybe I will try it someday
- I have already used drugs once
- I have already tried drugs more often

21. What do you mostly drink when you go out?

- mixed drinks
- beer
- wine
- spirits
- non-alcoholic drinks

22. How much time do you spend on your personal hygiene?

- less than 10 minutes per day
- 10 to 20 minutes per day
- 20 to 30 minutes per day
- more than 30 minutes per day

23. At what time do you go to bed during weekdays?

- before 21.00 hrs.
- between 21.00 hrs. and 21.30 hrs.
- between 21.30 hrs. and 22.00 hrs.
- between 22.00 hrs. and 22.30 hrs.
- after 22.30 hrs.

How many hours of sleep do you have on a normal night during the week?

- less than 5
- 5 – 6
- 6 – 7
- 7 – 8
- 8 – 9
- more than 9 hours of sleep

24. What things do you spend your pocket money on?

- clothes
- cigarettes
- going out
- cultural activities
- sports
- cosmetics

(more than one answer can be given)

25. Do you have a boyfriend / girlfriend ?

- yes
- no

26. How much time do you spend on homework and preparation for school per day?

- less than 1 hour
- 1 or 2 hours
- more than 2

This is the end of the questionnaire. Thank you for your cooperation.